

One Minute Sit Up (Male)	One Minute Push Up (Male)	1.5 Mile Run (Male)
Phase I MPTC Standard: 22 Repetitions Cooper Rating: Very Poor age 20-39	Phase I MPTC Standard: 15 Repetitions Cooper Rating: Very Poor age 20-39	Phase I MPTC Standard: 16:30 Cooper Rating: Very Poor age 20-39
Phase II MPTC Standard: 28 Repetitions Cooper Rating: Very Poor age 20-39	Phase II MPTC Standard: 22 Repetitions Cooper Rating: Poor age 20-39	Phase II MPTC Standard: 15:45 Cooper Rating: Very Poor age 20-39
Phase III MPTC Standard: 34 Repetitions Cooper Rating: Poor age 20-39 Percentile: <40 th percentile)	Phase III MPTC Standard: 28 Repetitions Cooper Rating: Fair age 20-39 Percentile: 40-55 th percentile	Phase III MPTC Standard: 15:00 Cooper Rating: Very Poor/Poor age 20-39 Percentile: < 40 th Percentile)

One Minute Sit Up (Female)	One Minute Push Up (Female)	1.5 Mile Run (Female)
Phase I MPTC Standard: 18 Repetitions Cooper Rating: Very Poor age 20-39	Phase I MPTC Standard: 6 Repetitions Cooper Rating: Very Poor age 20-39	Phase I MPTC Standard: 16:30 Cooper Rating: Very Poor age 20-39
Phase II MPTC Standard: 24 Repetitions Cooper Rating: Very Poor/Poor age 20-39	Phase II MPTC Standard: 10 Repetitions Cooper Rating: Poor age 20-39	Phase II MPTC Standard: 15:45 Cooper Rating: Very Poor age 20-39
Phase III MPTC Standard: 28 Repetitions Cooper Rating: Poor/Fair age 20-39 Percentile: 40-55 th percentile)	Phase III MPTC Standard: 14 Repetitions Cooper Rating: Poor/Fair age 20-39 Percentile: 40-55 th percentile	Phase III MPTC Standard: 15:00 Cooper Rating: Very Poor/Poor age 20-39 Percentile: < 40 th Percentile)